

Medgar Evers Pool

Fall 2017

Pool & Lesson Schedule

Fall Session Sign Up August 8th @ 12pm



TOTS LESSONS

Ages: 6 months - 4 years

Under the guidance of an instructor, parents introduce their infants and toddlers to the swimming pool. We teach basic water adjustment and swimming movements using songs and games, with an emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

THREE-YEAR-OLDS LESSONS

Age: 3

Our certified instructors introduce children to these swimming skills: basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have completed one session of Tots and must be willing to work in the water with an instructor. We maintain a 3:1 student to instructor ratio.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class children are sorted into groups by ability.

BEGINNING SWIMMER LESSONS

Ages: 6 - 16

In our beginning youth class children will work on floating, bubbles, crawl stroke, side breathing, backstroke, whip kick, and diving. On the first day of class children are sorted into groups by ability.

ADVANCED SWIMMER LESSONS

Ages: 6 - 16

Prerequisite: Swimmers must have passed Beginning Swimmer Level 3, be comfortable in deep water, and swim 25 yards of good crawl stroke, backstroke, whip kick and dolphin kick. **Participants who do not meet this prerequisite will be moved to a Beginning Swimmer class if space is available.** Advance swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement for children.

Do you know a child who needs a scholarship?

To learn more about applying, or to receive a Low-Income Scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinders (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16).



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YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.

Can you make a donation? To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Class	Session	Day	Times	Dates	Classes	Cost	Barcode
Parent & Child	1	Wed	6 - 6:30pm	9/13-10/25	7	\$52.50	167818
		Sat	10:30 - 11:00am	9/16-10/28	7	\$52.50	167819
	2	Wed	6 - 6:30pm	11/1-12/13	7	\$52.50	167820
		Sat	10:30 - 11:00am	11/4-12/16	7	\$52.50	167821
3 Year Olds	1	Mon	6 - 6:30pm	9/11-10/23	7	\$91.00	167823
		Wed	6:30 - 7pm	9/13-10/25	7	\$91.00	167824
		Thur*	5-5:30pm	9/14-10/26	7	\$91.00	167827
		Sat	10:30-11am	9/16-10/28	7	\$91.00	167825
		Sat	11:00 - 11:30am	9/16-10/28	7	\$91.00	167826
		Sun	1:30 - 2pm	9/10-10/22	7	\$91.00	167822
	2	Mon	6 - 6:30pm	10/30-12/11	7	\$91.00	167829
		Wed	6:30 - 7pm	11/1-12/13	7	\$91.00	167830
		Thur**	5-5:30pm	11/2-12/14	6	\$78.00	167831
		Sat	10:30-11:00am	11/4-12/16	7	\$91.00	167832
		Sat	11:00 - 11:30am	11/4-12/16	7	\$91.00	167833
		Sun	1:30 - 2pm	10/29-12/17	8	\$104.00	167828
Kinders Ages 4 & 5	1	Mon	5 - 5:30pm	9/11-10/23	7	\$63.00	167835
		Mon	6 - 6:30pm	9/11-10/23	7	\$63.00	167836
		Tue	5 - 5:30pm	9/12-10/24	7	\$63.00	167837
		Wed	5 - 5:30pm	9/13-10/25	7	\$63.00	167838
		Wed	6 - 6:30pm	9/13-10/25	7	\$63.00	167839
		Thur*	5 - 5:30pm	9/14-10/26	7	\$63.00	167481
		Thur*	6:30-7pm	9/14-10/26	7	\$63.00	167482
		Sat	10:30 - 11:00am	9/16-10/28	7	\$63.00	167840
		Sun	12:30-1pm	9/10-10/22	7	\$63.00	167834
	2	Mon	5 - 5:30pm	10/30-12/11	7	\$63.00	167844
		Mon	6 - 6:30pm	10/30-12/11	7	\$63.00	167845
		Tue	5:00 - 5:30pm	10/31-12/12	7	\$63.00	167846
		Wed	5 - 5:30pm	11/1-12/13	7	\$63.00	167847
		Wed	6 - 6:30pm	11/1-12/13	7	\$63.00	167848
		Thur**	5 - 5:30pm	11/2-12/14	6	\$54.00	167849
		Thur**	6:30-7pm	11/2-12/14	6	\$54.00	167850
		Sat	10:30 - 11:00am	11/4-12/16	7	\$63.00	167851
		Sun	12:30-1pm	10/29-12/17	8	\$72.00	167843
Beginning Swimmer Ages 6 - 16 Levels 1 - 3	1	Mon	5 - 5:30pm	9/11-10/23	7	\$52.50	167854
		Mon	5:30 - 6pm	9/11-10/23	7	\$52.50	167855
		Tue	5:30 - 6pm	9/12-10/24	7	\$52.50	167856
		Tue	6 - 6:30pm	9/12-10/24	7	\$52.50	167857
		Wed	5 - 5:30pm	9/13-10/25	7	\$52.50	167858
		Wed	5:30 - 6pm	9/13-10/25	7	\$52.50	167859
		Thur*	5:30 - 6pm	9/14-10/26	7	\$52.50	167862
		Thur*	6 - 6:30pm	9/14-10/26	7	\$52.50	167863
		Sat	11:00 - 11:30am	9/16-10/28	7	\$52.50	167860
		Sat	11:30-noon	9/16-10/28	7	\$52.50	167861
		Sun	Noon-12:30pm	9/10-10/22	7	\$52.50	167852
		Sun	1-1:30pm	9/10-10/22	7	\$52.50	167853

No class on **11/23
Registration Winter quarter begins 12/5